



## Yellowed Grouper with Savory Sweet Corn Pudding, Oyster Mushroom Vinaigrette and Petite Greens

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



613 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 tablespoon crème fraîche at room temperature
- ☐ 3 ears corn shaved
- ☐ 2 sprigs thyme leaves fresh leaves picked
- ☐ 4 sprigs thyme leaves fresh
- ☐ 1 clove garlic finely minced
- ☐ 4 servings petite greens for serving

- ☐ 24 ounce fillets yellowedge gulf grouper
- ☐ 0.3 ounce tupelo honey
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 2 ounces blended vegetable and olive oil
- ☐ 2.5 ounces quality olive oil extra-virgin fine
- ☐ 2 cups oyster mushrooms
- ☐ 1 shallots finely minced
- ☐ 1 ounce quality sherry vinegar fine
- ☐ 1 ounce butter unsalted at room temperature
- ☐ 1 tablespoon butter unsalted at room temperature
- ☐ 1 cup vegetable stock

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ sieve
- ☐ blender
- ☐ double boiler

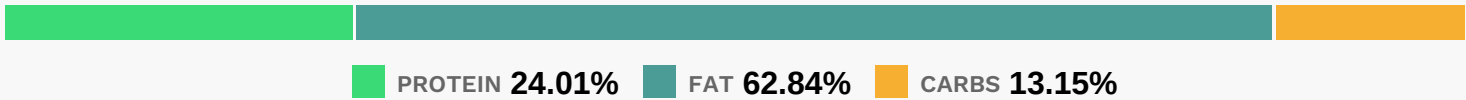
## Directions

- ☐ Heat a medium skillet, and then add the mushrooms and saute in the olive oil, sprinkling with salt and black pepper, until wilted, 1 to 2 minutes.
- ☐ Add the thyme, garlic and shallots and saute for 1 more minute. Reduce the heat and add the sherry vinegar and honey. Stir to combine. Taste and add more salt and pepper, if needed, and reserve for plating.
- ☐ For the corn pudding: Puree the stock and corn in a high-speed blender. Strain the corn puree through a fine strainer, and then pour into a double boiler over moderate heat. Season with salt and pepper. Stir often; the mixture will begin to thicken from the natural starch in the corn. Cook until desired consistency, and then stir in the butter and creme fraiche. Taste and

adjust the salt and pepper, if needed, and keep warm.

- ☐
- For the grouper: Preheat a large nonstick skillet over medium-high heat.
- ☐
- Sprinkle the fillets with salt and pepper.
- ☐
- Add the oil to the skillet, and then carefully add the grouper fillets; do not overcrowd the skillet. Sear the fish well, while adding the butter and fresh thyme. Cook until the grouper is well seared and just cooked through, 3 minutes per side.
- ☐
- Remove from the skillet.
- ☐
- To serve, plate 4 ounces of corn pudding into each of four 12-inch shallow bowls.
- ☐
- Place a warm grouper fillet in the center, and garnish with the mushroom vinaigrette and petite greens.
- ☐
- Serve and enjoy!

## Nutrition Facts



## Properties

Glycemic Index:69.82, Glycemic Load:1.51, Inflammation Score:-10, Nutrition Score:22.564782671306%

## Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 613kcal (30.65%), Fat: 43.66g (67.17%), Saturated Fat: 10.65g (66.55%), Carbohydrates: 20.57g (6.86%), Net Carbohydrates: 17.77g (6.46%), Sugar: 7.21g (8.02%), Cholesterol: 86.58mg (28.86%), Sodium: 357.35mg (15.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.53g (75.06%), Selenium: 64.13µg (91.61%), Phosphorus: 413.8mg (41.38%), Potassium: 1295.99mg (37.03%), Vitamin B6: 0.69mg (34.5%), Vitamin E: 4.9mg (32.64%), Vitamin A: 1315.69IU (26.31%), Vitamin B5: 2.41mg (24.12%), Magnesium: 94.6mg (23.65%), Vitamin C: 17.06mg (20.68%), Vitamin B3: 4.13mg (20.66%), Vitamin B1: 0.3mg (19.76%), Folate: 78.08µg (19.52%), Vitamin K: 20.39µg (19.42%), Iron: 3.27mg (18.16%), Vitamin B12: 1.04µg (17.36%), Manganese: 0.32mg (15.79%), Vitamin B2: 0.23mg (13.64%), Fiber: 2.79g (11.17%), Zinc: 1.62mg (10.83%), Copper: 0.22mg (10.8%), Calcium: 68.86mg (6.89%), Vitamin D: 0.46µg (3.07%)